

活動1

社區預防跌倒及骨折計劃：員工培訓課程

日期：2010年9月6日

時間：上午9時半至下午5時

地點：沙田威爾斯親王醫院 矯形外科及創傷學進修培訓中心

目的：為社區防跌計劃的職員提供老人骨科問題多方面的培訓

對象：社區老人中心職員，以及對老人骨科感興趣的醫療輔助人員

活動2

護理人員培訓工作坊

日期：2010年9月7日

時間：下午2時半至5時半

地點：沙田威爾斯親王醫院 矯形外科及創傷學進修培訓中心

目的：教授照顧患有骨骼疾病長者的知識及技巧

對象：家庭傭工培訓人員及對長者護理有興趣的人士

活動3

社區預防跌倒及骨折計劃實踐課程

日期：2010年9月8日

時間：下午1時15分至3時半

地點：沙田帝都酒店

目的：綜合社區防跌計劃參與人員經驗的分享及交流，並為舉辦社區防跌計劃的機構提供指導

對象：正在參與或計劃參與社區防跌計劃的職員

活動4

研究會議：骨質疏鬆及脆性骨折

日期：2010年9月9日

時間：上午9時半至12時半

地點：沙田威爾斯親王醫院 矯形外科及創傷學進修培訓中心

目的：為研究人員提供一個討論平臺，分享有關骨質疏鬆及脆性骨折的科研計劃或概念

對象：有關研究人員，及有興趣人士

活動5

脆性骨折科研工作坊：社會心理學的交流

日期：2010年9月9日

時間：下午2時半至5時半

地點：沙田威爾斯親王醫院 矯形外科及創傷學進修培訓中心

目的：為老人骨科專業人士提供一個透視社會心理的研討會

對象：需照顧有骨患長者的職員，包括有關的護理培訓人員、醫院醫護人員、老人院舍及老人中心職員

活動6

公開講座：預防長者跌倒及骨折最新知識

日期：2010年9月10日

時間：下午2時15分至5時

地點：沙田威爾斯親王醫院 賽馬會持續教育中心

目的：本講座歡迎公眾人士報名參加，尤其是長者。希望長者關注及促進個人骨骼的健康。內容包括骨骼健康，如何預防跌倒及骨折等。健康骨骼話劇表演及防跌運動操示範。

對象：長者

活動7

老人骨科科研及持續發展國際研討會

日期：2010年9月11日

時間：上午8時至5時半

地點：沙田威爾斯親王醫院 賽馬會持續教育中心

目的：照顧患有骨骼疾病長者的多方面概覽；老人骨科的近期發展；老人骨科的前線研究

對象：任何工作於有關老人骨科的人士，包括醫生、護士、康復專業人員、營養師、社工及社區老人中心職員

香港中文大學知識轉移基金支持項目

Supported by CUHK Knowledge Transfer Project Fund

社區防跌行動

香港中文大學矯形外科及創傷學系於2000年11月組織了社區防跌行動，計劃最初以提供防跌教育活動為中心，及後擴展至推廣骨骼健康及預防脆性骨折，對象包括住院和門診病人，以及社區長者。該行動在過去十載亦致力於老人骨骼及肌肉健康護理方面的科研，並與現代科技同步前進，為基層、第二及第三層的康復治療提供服務，融合多方面的力量，為預防長者骨骼肌肉系統的疾病及維持他們的生活質素持續努力。

查詢十周年慶典活動

網址：www.no-fall.hk

電話：(852) 2632 2756

Fall and Fragility Fracture Prevention Program

The Fall and Fragility Fracture Prevention Program was established in November 2000 by the Department of Orthopaedics and Traumatology of the Chinese University of Hong Kong. This year marks the 10th Anniversary of the Program. Educational activities on fall prevention were our initial foci. With success of these efforts, our objectives expanded to cover bone health promotion and fragility fracture prevention in the in-patient, out-patient and, most important of all, the community settings. Coupled with this full decade of meaningful and rewarding works, advancements in the science and technology of geriatric musculoskeletal healthcare and contemporary progress in the delivery of primary, secondary and tertiary medical care in the area have been witnessed. Nevertheless, there are a lot that can be improved for maintaining the quality of life and keeping our elderly from preventable musculoskeletal ailments.

Enquiry on the 10th Anniversary Program

Website：www.no-fall.hk

Tel：(852) 2632 2756

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Program 1

Staff Training for Community Fall and Fracture Prevention Program

Date: September 6, 2010

Time: 9:30am – 5:00pm

Venue: Orthopaedic Learning Centre, Prince of Wales Hospital, Shatin

Objectives: To train staff working on Community Fall and Fracture Prevention Programs with delivery of a panoramic view on the various facets for caring for the elderly with Geri-orthopaedic problems

Target participants: Staff at community elderly centers, paramedical professionals with special interest in Geri-orthopaedic care

Program 2

Train-the-trainer Workshop for Caregivers

Date: September 7, 2010

Time: 2:30pm – 5:30pm

Venue: Orthopaedic Learning Centre, Prince of Wales Hospital, Shatin

Objectives: To train the trainers for domestic helpers and other caregivers on the knowledge and skills in providing care for Geri-orthopaedic elderly for their daily living activities

Target participants: Caregivers, trainers for domestic helpers and other interested candidates

Program 3

Seminar on Running Fall and Fracture Prevention Program in the Community

Date: September 8, 2010

Time: 1:15pm – 3:30pm

Venue: Royal Park Hotel, Shatin

Objectives: A symposium to summon of all involved in the integrated program including family physicians, social workers, nurse, rehabilitation specialists for experience sharing and exchange of viewpoints regarding how an integrated community program in the Fall and Fracture Prevention centres should be run

Target participants: Staff working or to be working on a community program

Program 4

Research Forum on Osteoporosis and Fragility Fracture

Date: September 9, 2010

Time: 9:30am – 12:30pm

Venue: Orthopaedic Learning Centre, Prince of Wales Hospital, Shatin

Objectives: A forum with research workers sharing research ideas and scientific projects on osteoporosis and fragility fracture

Target participants: Research workers in the field and any interested candidates

Program 5

Seminar on Fragility Fracture: the Psychosocial Issues

Date: September 9, 2010

Time: 2:30pm – 5:30pm

Venue: Orthopaedic Learning Centre, Prince of Wales Hospital, Shatin

Objectives: A seminar catered for the psychosocial aspects of the Geri-orthopaedic subspecialty

Target participants: Staff working with the elderly suffering from Geri-orthopaedic problems, including trainers for caregivers, health care professionals working in hospitals, staff in old age homes and community centers

Program 6

Public Event: Talk on Fall and Fracture Prevention

Date: September 10, 2010

Time: 2:15pm – 5:00pm

Venue: Postgraduate Education Center, Prince of Wales Hospital, Shatin

Objectives: A program opens to the public. Elderly are most welcome to participate. Educational talks on musculoskeletal health and fall and fracture prevention will be delivered to the participants. There will also be on-site health and bone density measurement

Target participants: Elderly in the community

Program 7

International Symposium on Geri-orthopaedic Fracture Management

Date: September 11, 2010

Time: 8:00am – 5:30pm

Venue: Postgraduate Education Center, Prince of Wales Hospital, Shatin

Objectives: To give a general account of multi-disciplinary care for geri-orthopaedic patients; recent advances and frontier research in Geri-orthopaedics Discipline

Target participants: Any personnel working in the Geri-orthopaedics including doctors, nurses, rehabilitation specialists, nutritionists, social workers and community center personnel.



香港中文大學社區防跌行動 10th Anniversary Program on

十周年慶典

Community Fall and Fracture Prevention
The Chinese University of Hong Kong

系列活動通知 PROSPECTUS

